

Vegetable Frittata



 Serves: 4  Prep: 10 minutes  Cook: 1 hour, 15 minutes  Stack Cup

'Try for 5' is a Nutrition Australia campaign which challenges all Australians to look for new ways to incorporate 5 serves of vegetables into their everyday diet. This simple vegetarian frittata recipe provides 3 or your 5 daily serves of vegetables per portion and is a quick, healthy lunch or dinner option that the whole family will enjoy!

Top tip - Use leftover cooked/roasted low FODMAP vegetables from a meal earlier in the week to make your frittata! This will make dinner preparation even faster and is a great way to reduce food wastage.

ingredients	
½ medium sweet potato, cubed	150 g
2 Tbsp olive oil	36 g
1 tsp paprika	2 g
3 spring onions, green tops only, sliced	15 g
Broccoli, chopped	300 g
1 zucchini, grated	300 g
5 eggs	290 g
2 Tbsp lactose-free milk or other low FODMAP milk alternative	40 g
½ cup mixed herbs e.g. basil and parsley	8 g
¼ cup chives	8 g
¼ cup Danish fetta	55 g

Salt and pepper, to taste

Method

Step 1

Preheat oven to 180°C/356°F. Toss sweet potato in half of the oil and paprika, place on lined baking tray. Roast in oven for 45 minutes or until tender.

Step 2

Heat the remaining oil in a large 22cm ovenproof frying pan over medium heat. Sauté spring onion and once softened, add the broccoli stirring occasionally until charred. Add zucchini; cook for 2 minutes or until softened. Remove from heat.

Step 3

Combine eggs, milk and mixed herbs in a food processor. Process until herbs are finely chopped and egg mixture is fluffy.

Step 4

Once cooked, add the roasted sweet potato to the broccoli mixture within the frying pan, and turn heat back to medium. Add the egg mixture to the frying pan and stir until well combined. Sprinkle with feta and chives and season with salt and pepper. Reduce heat to low and cook for 8 minutes or until the egg mixture has mostly set.

Step 5

In the meantime, preheat the grill on high. Place the frying pan under the grill and grill until golden brown and egg mixture is set.

Hints

Serve with one of our low FODMAP salads for the perfect meal.

